

'sɔn.dər/ noun:

"The realization that each random passer-by is living a life as vivid and complex as your own."

ALL DAY BREAKFAST

Eggs on toast 2 eggs of your choice, 2 toasts of your choice with butter	Spring Brekkie avocado, spinach, smoked salmon, quinoa, crème fraiche and poached egg on soy linseed toast
Bacon egg roll/wrap bacon, 2 free range eggs with Turkish roll or wrap choice of Aioli, BBQ or Tomato sauce	Corn fritters [v] 21 smashed avocado, cherry tomato, mixed greens, orange segment, balsamic dressing, poached egg add bacon 6
Sonder roll [gfo] [vo] 19 bacon, fried eggs, hash brown, homemade onion jam, cheese & rocket; milk bun sub bacon for haloumi 1	Harvest Medley Fritter 18 Pumpkin, zucchini, quinoa with spice Aubergine Chutney, rocket, watermelon feta salad (GF)
Hollandaise scrambled egg croissant [V] 16 eggs scrambled with homemade spicy tomato relish, topped with hollandaise sauce & parsley	Ricotta hotcakes [V] 20 homemade hotcakes, berry compote & honeycomb mascarpone
Omelette [v] 18 with spinach, tomato, feta served with sourdough toast add ham/ mushroom 3	Crêpe Suzette 20 fresh berries and crème fraiche with orange butter sauce
Bircher muesli [v] 18 muesli soaked in apple & orange juice; served with seasonal fruit & Greek yogurt	French toast 22 caramelized banana, berries, maple & crispy bacon Sonder house baked beans 20 mix beans with sweet paprika tomato sauce,
Porridge 20 with fresh banana, cinnamon apple sultana compote, rhubarb, maple tahini dressing	sautéed spinach and poached egg with sourdoug bread Mixed mushrooms on toast [v] [gfo] 22
Smashed avo [v] [gfo] 20 avocado, feta, sprouts, finely sliced radish, cherry tomato & poached egg; served on sourdough toast	3 types of mushrooms & spinach cooked with garlic Butter, melted cheese with poached egg, served on sourdough toast
Eggs benedict [vo] [gfo] 20 wilted spinach, poached eggs & hollandaise sauce topped with parsley served on English muffins choice of bacon / ham / avocado or smoked	Shakshuka [v] [gfo] poached eggs cooked in a Moroccan tomato & capsicum sauce, topped with feta & parsley; served with the toasted Turkish bread & Israeli salad add chorizo 3
Herbed ricotta English muffins [v] 21 topped with diced avocado & cherry tomato in salsa verde; herbs, rocket & cherry tomato salad, poached egg	Israeli breakfast [vo] [gfo] your choice of eggs; 6 type of housemade dips: pesto, smashed avo, tahini, chili tomato relish, herbed ricotta, onion jam; haloumi, Israeli salad & toasted Turkish bread add smoked salmon 7
Morning bowl [v] [vgo] 20	Sonder brekkie [gfo] 26

toasted Turkish bread

roasted mushroom, roasted tomato, smashed avo,

kale, baby green peas, sweet corn, avocado,

dressing

quinoa, cherry tomato, poached egg; maple & soy

SANDWICHES

served with side salad; sub for chips / wedges 2.5 all sandwiches served with a Turkish roll

Chicken sandwich or wrap

21

a choice of grilled chicken, lettuce, tomato, avocado, cheese, aioli sauce

Pulled chicken sandwich or wrap [gfo] 20

pulled chicken mixed with mayo, celery, parsley, avocado & oak lettuce

SALADS

Pulled chicken salad [gfo]

stir

pulled chicken, cabbage, spinach, lettuce, roasted almond, fried noodles; roasted sesame dressing

Orange avocado salad [gf] [vg]

20

rocket, orange segment, avocado, cherry tomato, finely sliced radish & roasted walnuts, lemon salsa verde dressing

add grilled chicken 6 / schnitzel 7

Sonder veggie bowl[v] [vgo]

21

22

Avocado, mushroom, mixed leaves, tomato, cucumber, sprouts, quinoa, almond, feta, radish & turmeric, with lemon dressing, boiled egg

Grilled chicken Caesar salad [gfo]

marinated grilled chicken, cos lettuce, crispy bacon, croutons, grated grana Padano cheese & boiled egg

HOMEMADE BURGER

all burgers are served with salad / chips / wedges

Buttermilk chicken burger

22

green oak lettuce, tomato, pickled cabbage & Swiss cheese; house burger sauce & sriracha mayo

Sonder cheeseburger

23

wagyu beef patty, pickles, red onion & American cheese; mustard & tomato sauce;

add fried egg 2

all patties are 100% homemade; served in a milk bun & contain a lot of love (can be served in lettuce instead of the bun)

Please inform our staff if you are allergic to anything, we will do our best to keep you safe. However, we cannot guarantee the total absence of allergens in our kitchen

MAINS

Spaghetti Bolognese

22

minced wagyu beef, homemade Bolognese sauce spaghetti with shredded grana Padano cheese

Chili prawn linguine

27

prawns, lemon juice, chili, cherry tomato, garlic, rocket and shredded grana Padano cheese

Crispy barramundi

22

pan-seared barramundi fillet, perfectly crispy on the outside and tender inside, served alongside medley of seasonal veggies with punzu sauce

Sonder fried rice

stir-fired with mixed vegetables

options to add chicken or tofu or prawn

18 22

Garlic prawns [gfo]

17

prawns sautéed in butter , garlic and parsley served with Turkish Bread

Mushroom risotto [v] [vgo]

24

3 types of mushrooms cooked in thyme butter, spinach, grana Padano cheese

Prawn and peas risotto

25

prawns, baby peas, lemon juice, spinach, grana Padano cheese

SMALLER

Ham cheese tomato croissant [vo]

9

Toasted banana bread with butter [v] 6 add honeycomb mascarpone 1

Bowl of chips [v]

7

served with tomato sauce

Bowl of potato wedges [v]

8

served with sweet chili & herbed ricotta

CHOICE OF BREAD

Sourdough White / Soy linseed Turkish roll +1/ Naturally Gluten Free +1

ADD: egg / hash brown 3
avocado / roasted tomato 4
spinach / roasted mushroom / ham 5
Bacon / grilled chicken / chorizo 6
haloumi / schnitzel / smoked salmon 7